

Kiefer Weekly Swim Workout - Short Workout #22

May 28, 2019

Warm Up

200 Swim
200 kick
200 pull

600 yards
600 cumulative yards

2x
100 IM drill @ :10 rest
100 pull 50 back/50 free match your cycles taken @:10 rest

400 yards
1000 cumulative yards

3x
4 x 50's kick @ base +:20 or :10 rest (R1: dolphin, R2: flutter, R3: breast)
100 IM @ base
100 easy @ :20 rest

1200 yards
2200 cumulative yards

Broken 100's aim for your season end goal time

2x
4 x 25's @ base secondary (non freestyle)
100 easy @ :30

400 yards
2600 cumulative yards

20 x 25's @ :10 rest
Odds scull
Evens perfect backstroke

500 yards
3100 cumulative yards